



PEER-REVIEW REPORT

Name of journal: *World Journal of Cardiology*

Manuscript NO: 71655

Title: Barriers and facilitators to participating in cardiac rehabilitation and physical activity; a cross-sectional survey

Provenance and peer review: Unsolicited Manuscript; Externally peer reviewed

Peer-review model: Single blind

Reviewer's code: 05114928

Position: Peer Reviewer

Academic degree: MSc, PhD

Professional title: Doctor, Physiotherapist, Postdoc

Reviewer's Country/Territory: Czech Republic

Author's Country/Territory: United Kingdom

Manuscript submission date: 2021-09-23

Reviewer chosen by: AI Technique

Reviewer accepted review: 2021-09-24 08:03

Reviewer performed review: 2021-09-27 07:01

Review time: 2 Days and 22 Hours

Scientific quality	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input checked="" type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input checked="" type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No



Peer-reviewer statements	Peer-Review: [<input checked="" type="checkbox"/>] Anonymous [<input type="checkbox"/>] Onymous Conflicts-of-Interest: [<input type="checkbox"/>] Yes [<input checked="" type="checkbox"/>] No
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SPECIFIC COMMENTS TO AUTHORS

The study provides unique qualitative research in the CR field on an important topic. The article is written in high quality. The introduction section justifies the purpose of the study. I congratulate the authors for the preparation of the manuscript. However, I enclose below the main issue that should be clarified before the article is considered for acceptance to the World Journal of Cardiology.

- The main issue of the article is the absence of characteristics and descriptions of the participants. Please add the sample characteristics concerning the typical characteristics (personal characteristics, age, sex, weight, cardiovascular treatment, possible risk factors if available and/or risk group). This is an important point to create a more detailed picture of research and other impacts in CR. The following minor comments suggest broadening the impact and deepening the perspective of the article's topic, which can be addressed; however, it is up to the authors' consideration.

Introduction

- Sentence: „Developing new methods to increase attendance at exCR is deemed paramount“ Consider a short extension of what specific new methods are involved (e.g., telehealth CR, remote CR monitoring, hybrid CR ...)
- A brief identification of the referral barrier to CR programs on the side of medical specialists, GP, cardiologists (if any)
- Consider a brief inclusion of information on the integration of CR in the cardio-oncology population. This topic has recently been of significant importance (support from large professional societies AHA, ESC) because many cancer patients suffer from cardiovascular risk factors or are at risk of cardiotoxicity after treatment (eg: AHA statement: Cardio-Oncology Rehabilitation to Manage Cardiovascular Outcomes in Cancer Patients and Survivors: A Scientific Statement From the American Heart Association. *Circulation*. 2019;139(21):e997-e1012.



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doi:10.1161/CIR.0000000000000679) Discussion • Statement: “Frohmader, Lin and Chaboyer (2018)²⁴ who found that following interviews, patients increased confidence to develop lifestyle changes as a result of viewing their own success and positive reinforcement by mentors. Focusing on methods to increase patient confidence could increase adherence to CR programmes.” Clarify, this statement could be elaborated as a perspective for telecoaching / teleconsultations as a possible form of remotely managed CR (eg: Remotely monitored telerehabilitation for cardiac patients: A review of the current situation. *World J Clin Cases.* 2020;8(10):1818-1831. doi:10.12998/wjcc.v8.i10.1818) • „Previous research has investigated such methods of delivery and found that online home-based exercise is at least equally as effective as centre-based rehabilitation and provides increased access and participation³⁰” Consider a change, not only online but also post-exercise telemonitoring. Minor typos check: • The abbreviation for the first use is not explained in the text: PA, GP, DIY. Please correct this and check the other abbreviations throughout the text. • Discussion: • Sentence: „Additionally, participant responses cited exercising with people with a similar condition made them more likely to attend the sessions, improved support and enjoyment.” Sentence may be unclear or hard to follow. Consider rephrasing. • Sentence: „Moreover, many respondents reflected on their life and the future, expressing they conducted PA to maintain their health, feel better and external reasons such as to see their grandchildren grow up as seen with the sub-theme ‘reasons for staying physically active’ and thus there is a myriad of reasons individuals will select to adopt new behaviours.” Hard-to read sentence. Consider removing any unnecessary words or splitting it into two sentences.



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Peer-review model: Single blind

Reviewer's code: 03497479

Position: Editorial Board

Academic degree: MD, PhD

Professional title: Associate Professor

Reviewer's Country/Territory: Croatia

Author's Country/Territory: United Kingdom

Manuscript submission date: 2021-09-23

Reviewer chosen by: AI Technique

Reviewer accepted review: 2021-10-01 08:31

Reviewer performed review: 2021-10-01 08:59

Review time: 1 Hour

Scientific quality	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input checked="" type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No



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Peer-reviewer statements	Peer-Review: [<input checked="" type="checkbox"/>] Anonymous [<input type="checkbox"/>] Onymous Conflicts-of-Interest: [<input type="checkbox"/>] Yes [<input checked="" type="checkbox"/>] No
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SPECIFIC COMMENTS TO AUTHORS

I read with great interest the article "Barriers and facilitators to participating in cardiac rehabilitation and physical activity; a cross-sectional survey (qualitative analysis)". It is a successful research that analyzes barriers to better implementation of CR and offers some principled answers on how to improve it. I do not find significant weaknesses in the article that should be amended or improved. As someone who has been dealing with this topic in my daily work for years, I think that the article is valuable and provides several suggestions for increasing attendance of CR.



RE-REVIEW REPORT OF REVISED MANUSCRIPT

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Academic degree: MSc, PhD

Professional title: Doctor, Physiotherapist, Postdoc

Reviewer's Country/Territory: Czech Republic

Author's Country/Territory: United Kingdom

Manuscript submission date: 2021-09-23

Reviewer chosen by: Ya-Juan Ma

Reviewer accepted review: 2022-01-04 17:20

Reviewer performed review: 2022-01-05 07:05

Review time: 13 Hours

Scientific quality	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input checked="" type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Peer-reviewer	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous



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statements

Conflicts-of-Interest: [] Yes [Y] No

SPECIFIC COMMENTS TO AUTHORS

Congratulations to the authors. Manuscript significantly increased quality.